

## Neurologic Problems

### Types of Problems:

- Headache
- Seizure (or suspected seizure)
- Dizziness
- Fainting or feel like you're going to faint
- Head Injury

### Seek Immediate Medical Care Through Emergency Room or Call 911 For:

**\*\*DO NOT DRIVE\*\***

- Stiff neck with headache and fever (>100.4 F or greater)
- Neck pain, headache, dizziness following any head injury
- Can't remember what happened (amnesia)
- Seizure or suspected seizure activity
- Difficult to awaken/stay awake
- Worst headache of your life
- Loss of speech or slurred speech
- Vision loss or blurred vision
- If Pregnant
- If Diabetic
- Repeated vomiting
- Trouble moving arms and legs
- Unsteady walking
- Fall from height with injuries and/or bleeding
- Loss of control of bowel or bladder
- Chest pain and shortness of breath
- Inappropriate behavior
- Confusion
- Any loss of consciousness
- Bleeding/clear drainage from nose or ear
- Uncontrolled bleeding that can't be stopped
- Cut or swelling on face or head
- Any other urgent concerns

## Self-Care Treatment:

- Avoid Driving
- **After any head injury, only use Acetaminophen (Tylenol) for a headache, no Aspirin, NSAIDs, or Ibuprofen**
- For relief of mild headaches, unrelated to head injury, try Ibuprofen (Advil, Motrin) with food or Acetaminophen (Tylenol) as needed, dosing per package directions
- Increase water intake (avoid caffeine, alcohol, or drugs)
- Rest – quiet, dark and cool area
- Cool compress to forehead or neck; do not use heat

What should I do if I feel like I may faint?

- If you feel faint, sit or lie down on the floor. Do not sit down on a chair because if you do faint, you will fall on the floor and potentially hurt yourself. If you sit on the floor, put your head down between your knees. If you lie on the floor, elevate your legs. Both of these methods increase the flow of blood to the brain.
- Have you eaten recently?
  - You may need to eat something small, drink sugary drink, avoid caffeine
- Drink water
- **If you are diabetic, go to Urgent Care or ER**

**Please call to make an appointment at your on-campus Student Health Clinic or with your PCP or go to Urgent Care or the Emergency Department if your concerns do not improve with conservative self-care treatment or if you have worsening symptoms.**

**Please know your health problem and allergies. Information contained in this handout is for educational purposes only. It is not a substitute for evaluation and treatment by a Healthcare professional. As new and updated information becomes available, the content may change. Please contact your Healthcare Provider or the on-campus Student Health Services Clinic with any questions.**